



A Book of HU: A Handbook of the Heart

Michael Dyer

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Micheal Dyer

A Book of HU: A Handbook of the Heart Micheal Dyer

A Book of HU is an introduction to individual spirituality. When you sing HU you can begin to connect with the sacred Light and Sound, the Voice of God.

With the stories and spiritual exercises in this book, you will see how it's possible to meet and work with Masters of Light and Sound who exist to help us enter into divine love and practice Joy in our lives.

The daily practice of singing HU eventually brings us to the realization that happiness is a choice we can make for ourselves. And it helps us learn to work with our dreams in order to expand our consciousness closer to wholeness—to eventually touch the face of God.

This book is a wonderful tool to help you expand your awareness into the Golden Heart and begin to serve all life.

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